RECREATION CENTER Aquatics Schedule

Schedule is also online at: www.rootedinfun.com/Aquatics

Leisure/Play Pool Schedule subject to change without notice.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN SWIM (kids allowed)	5am-10am *10am-5pm 5pm-7:15pm 7:15-9pm	5am-10am *10am-9pm	5am-10am *10am-5pm 5pm-7:15pm 7:15-9pm	5am-10am *10am-9pm	5am-10am *10am-6pm	7-10am *10am-7:30pm	*10am-7:30pm

^{*}Water features are turned on at 11 am everyday.

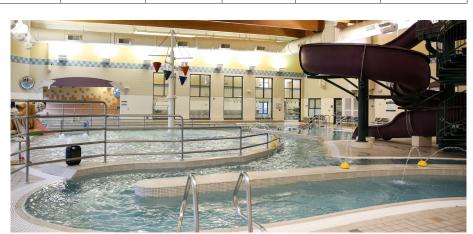
Slide Hours

Monday/Wednesday 4:00-5:00pm & 7:15-8:00pm

Tuesday/Thursday 4:00-8:00pm

Friday 4:00-6:00pm

Saturday/Sunday 12:00-7:30pm



Aqua Exercise Class Schedule



DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 _{AM}		Aqua Kickboxing* 6:00-7:00am Jeanie		Aqua Kickboxing* 6:00-7:00am Jeanie			
7:00AM	River Walking 7:15-8:15am Sheila	Deep Water Aqua Exercise* 7:00-8:00am Jeanie	River Walking 7:15-8:15am Sheila	Deep Water Aqua Exercise* 7:00-8:00am Jeanie	River Walking 7:00-8:00am Jeanne		
8:00am	Aqua Zumba 8:00-8:45am <i>Marta</i>	Aqua Exercise 8:00-9:00am Marta	Aqua Zumba 8:00-8:45am Marta	Aqua Exercise 8:00-9:00am Marta	Aqua Zumba 8:00-8:45am Marta	Aqua Kickboxing /Zumba 8:00-9:00am Alice	
9:00am	Aqua Exercise 9:00-10:00am Alice	Aqua Exercise 9:00-10:00am Sheri Aqua Tai Chi 9:05-9:50am Marta River Walking 9:15-10:15am Sheila	Aqua Exercise 9:00-10:00am Alice	Aqua Kickboxing 9:00-10:00am Alice River Walking 9:15-10:15am Sheila	Aqua Exercise 9:00-10:00am Sheri		
10:00AM	Aqua Exercise 10:15-11:00am Alice Aqua Exercise 10:30-11:30am Sheri	Aqua Exercise 10:15-11:00am Alice	Aqua Exercise 10:15-11:00am Alice Aqua Exercise 10:30-11:30am Sheri	Aqua Exercise 10:15-11:00am Alice	Aqua Exercise 10:15-11:00am Sheri Deep Water Aqua Exercise 10:30-11:30am Alice		Aqua Fit 10:30-11:30am Jeanie
4:30рм		Aqua Exercise 4:30-5:30pm Barb H.		Aqua Exercise 4:30-5:30pm Barb H.			
5:30рм			Aqua Exercise 5:30-6:00pm Alice				

^{*}High-intensity class, requires more advanced fitness level than traditional aqua exercise classes.



Lap Lanes Available Schedule Subject to Change Without notice.

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM	8 (5-9am)	6	. 8 (5-9am)	6 (5-6:30am)	Classed		
6:00AM		(5-6:30am)			8 (5-9am)	Closed	
7:00AM		8 (6:30-8am)		8 (6:30-8am)		8 (7-8am)	Closed
8:00AM							
9:00AM		4	m) 4 (9am-12pm)	4 (8am-12pm)	4 (9am-12pm)	4 (8am-12pm)	
10:00AM	4 (9am-12pm)	(8am-12pm)					4 (10am-12pm)
11:00AM			(ε α ε με,				
12:00PM	8 (12-1pm)	8 (12-1pm)	8 (12-1pm)	8 (12-1pm)	8 (12-1pm)	8 (12-1pm)	8 (12-1pm)
1:00PM	4 (1-3pm)	4 4	4	4	4 (1-3pm)	4 (1-7:30pm)	4 (1-7:30pm)
2:00PM		(1-3pm)	(1-3pm)	(1-3pm)			
3:00PM	2 (3-9pm)				2 (3-6pm)		
4:00PM			2 (3-9pm)	2 (3-9pm)			
5:00PM		2 (3-9pm)					
6:00PM					Closed		
7:00PM							
8:00PM						Closed	Closed



Diving Board & Lap Pool Open Swim

Saturday 1:00-5:45pm

Sunday 1:00-5:00pm

Hot Tub

Monday-Thursday 5:00am-9:00pm

Friday 5:00am-6:00pm

5:00am-6:00pm

Saturday 7:00am-7:30pm

Sunday 10:00am-7:30pm

Steam Room & Sauna

Monday-Thursday 5:00am-9:45pm

Friday

5:00am-6:00pm

Saturday

7:00am-7:45pm

Sunday

10:00am-7:45pm



Recreation Center 4005 Kipling St Wheat Ridge, CO 80033

(303) 231-1300

www.rootedinfun.com

PLEASE NOTE:

- Children 5 & under must be accompanied by an adult in the water and within arms reach at all times.
- Children 3 & under must wear a swim diaper no exceptions.
- We will make every attempt to maintain two lap lanes during all open swim times.

Updated: 10/26/18